



Design and Technology Food and Nutrition Progression of Skills and Knowledge 2021

Skills						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Fine Motor Skills</p> <ul style="list-style-type: none"> • Hold a pencil effectively in preparation for fluent writing - using the tripod grip in almost all cases. • Use a range of small tools, including scissors, paintbrushes and cutlery • Begin to show accuracy and care when drawing. • Safely use and explore a variety of materials, tools and techniques, experimenting 	<ul style="list-style-type: none"> • Designing smoothie carton packaging by-hand or on ICT software • Chopping fruit and vegetables safely to make a smoothie <ul style="list-style-type: none"> • Identifying if a food is a fruit or a vegetable • Learning where and how fruits and vegetables grow • Tasting and evaluating different food combinations • Describing appearance, smell and taste • Suggesting information to be included on packaging 	<ul style="list-style-type: none"> • Designing a healthy wrap based on a food combination which work well together • Slicing food safely using the bridge or claw grip • Constructing a wrap that meets a design brief • Describing the taste, texture and smell of fruit and vegetables • Taste testing food combinations and final products • Describing the information that should be included 	<ul style="list-style-type: none"> • Creating a healthy and nutritious recipe for a savoury tart using seasonal ingredients, considering the taste, texture, smell and appearance of the dish • Knowing how to prepare themselves and a work space to cook safely in, learning the basic rules to avoid food contamination • Following the instructions within a recipe 	<ul style="list-style-type: none"> • Designing a biscuit within a given budget, drawing upon previous taste testing • Following a baking recipe • Cooking safely, following basic hygiene rules • Adapting a recipe • Evaluating a recipe, considering: taste, smell, texture and appearance • Describing the impact of the 	<ul style="list-style-type: none"> • Adapting a traditional recipe, understanding that the nutritional value of a recipe alters if you remove, substitute or add additional ingredients • Writing an amended method for a recipe to incorporate the relevant changes to ingredients • Designing appealing packaging to reflect a recipe • Cutting and preparing vegetables safely 	<ul style="list-style-type: none"> • Writing a recipe, explaining the key steps, method and ingredients • Including facts and drawings from research undertaken • Following a recipe, including using the correct quantities of each ingredient • Adapting a recipe based on research • Working to a given timescale • Working safely and hygienically with independence • Evaluating a recipe, considering: taste,

<p>with colour, design, texture, form and function.</p> <p>(Taken from the Early Learning Goals 2021)</p>		<p>on a label • Evaluating which grip was most effective</p>	<ul style="list-style-type: none"> • Establishing and using design criteria to help test and review dishes • Describing the benefits of seasonal fruits and vegetables and the impact on the environment • Suggesting points for improvement when making a seasonal tart 	<p>budget on the selection of ingredients</p> <ul style="list-style-type: none"> • Evaluating and comparing a range of products • Suggesting modifications 	<ul style="list-style-type: none"> • Using equipment safely, including knives, hot pans and hobs • Knowing how to avoid cross-contamination • Following a step by step method carefully to make a recipe • Identifying the nutritional differences between different products and recipes • Identifying and describing healthy benefits of food groups 	<p>smell, texture and origin of the food group</p> <ul style="list-style-type: none"> • Taste testing and scoring final products • Suggesting and writing up points of improvements in productions • Evaluating health and safety in production to minimise cross contamination
Knowledge						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<ul style="list-style-type: none"> • Understanding the difference between fruits and vegetables • To understand that some foods typically known as vegetables 	<ul style="list-style-type: none"> • To know that 'diet' means the food and drink that a person or animal usually eats 	<ul style="list-style-type: none"> • To know that not all fruits and vegetables can be grown in the UK • To know that climate affects 	<ul style="list-style-type: none"> • To know that the amount of an ingredient in a recipe is known as the 'quantity' 	<ul style="list-style-type: none"> • To understand where meat comes from - learning that beef is from cattle and how beef is reared and 	<ul style="list-style-type: none"> • To know that 'flavour' is how a food or drink tastes • To know that many countries have 'national dishes' which are recipes associated

	<p>are actually fruits (e.g. cucumber)</p> <ul style="list-style-type: none"> • To know that a blender is a machine which mixes ingredients together into a smooth liquid • To know that a fruit has seeds and a vegetable does not • To know that fruits grow on trees or vines • To know that vegetables can grow either above or below ground • To know that vegetables can come from different parts of the plant (e.g. roots: potatoes, leaves: lettuce, fruit: cucumber) 	<ul style="list-style-type: none"> • To understand what makes a balanced diet • To know where to find the nutritional information on packaging • To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar • To understand that I should eat a range of different foods from each food group, and roughly how much of each food group • To know that nutrients are substances in food that all living things need to make 	<p>food growth</p> <ul style="list-style-type: none"> • To know that vegetables and fruit grow in certain seasons • To know that cooking instructions are known as a 'recipe' • To know that imported food is food which has been brought into the country • To know that exported food is food which has been sent to another country. • To understand that imported foods travel from far away and this can negatively impact the environment • To know that each fruit and vegetable gives us nutritional benefits because they contain 	<ul style="list-style-type: none"> • To know that it is important to use oven gloves when removing hot food from an oven • To know the following cooking techniques: sieving, creaming, rubbing method, cooling • To understand the importance of budgeting while planning ingredients for biscuits 	<p>processed, including key welfare issues</p> <ul style="list-style-type: none"> • To know that I can adapt a recipe to make it healthier by substituting ingredients • To know that I can use a nutritional calculator to see how healthy a food option is • To understand that 'cross-contamination' means that bacteria and germs have been passed onto ready-to-eat foods and it happens when these foods mix with raw meat or unclean objects 	<ul style="list-style-type: none"> with that country • To know that 'processed food' means food that has been put through multiple changes in a factory • To understand that it is important to wash fruit and vegetables before eating to remove any dirt and insecticides • To understand what happens to a certain food before it appears on the supermarket shelf
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		<p>energy, grow and develop</p> <ul style="list-style-type: none">• To know that 'ingredients' means the items in a mixture or recipe• To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy• To know that many food and drinks we do not expect to contain sugar do; we call these 'hidden sugars'	<p>vitamins, minerals and fibre</p> <ul style="list-style-type: none">• To understand that vitamins, minerals and fibre are important for energy, growth and maintaining health• To know safety rules for using, storing and cleaning a knife safely• To know that similar coloured fruits and vegetables often have similar nutritional benefits			
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